

# Fiesta Wrap

**CHARTER OAK INTERNATIONAL ACADEMY**  
West Hartford, Connecticut

## Our Story

Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the *Chefs Move to Schools* program or *Farm to School* pilot program and one of the founders of “Growing Great Schools,” a newly formed parent advocacy group. Their winning creation, Fiesta Wrap, combines spices, whole grains, legumes, and vibrant vegetables to create a taste that is unforgettable. To top it off, kids can crown their wraps with fresh tomatoes, lettuce, and corn salsa.

## School Team Members

**SCHOOL NUTRITION PROFESSIONAL:** Sharon Riley (Area Manager, School Nutrition Services)

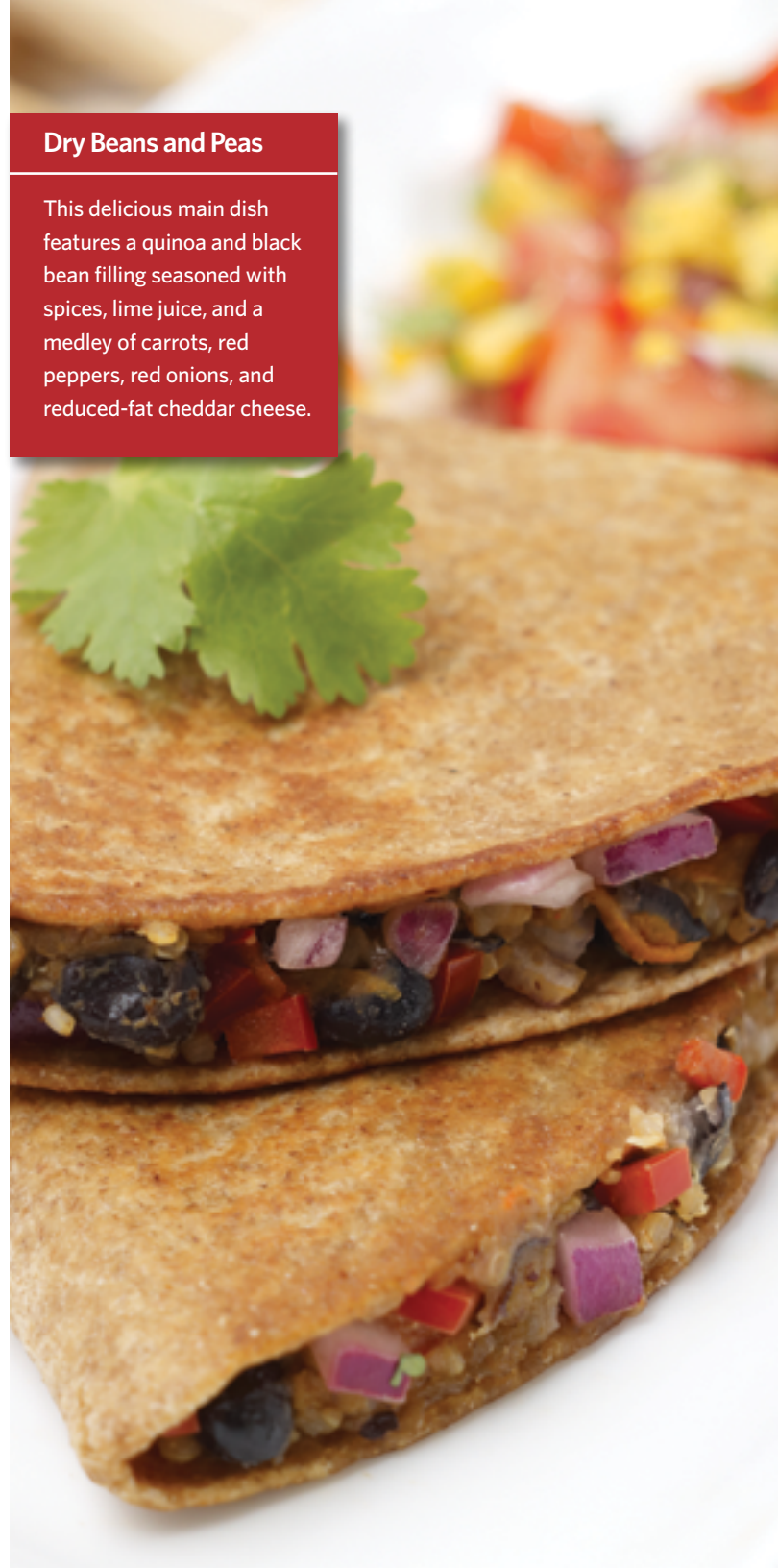
**CHEF:** Hunter Morton (Executive Chef, Max’s Downtown Restaurant)

**COMMUNITY MEMBER:** Alicia Brown (Parent)

**STUDENTS:** Cole C., Sasha W., Remie H., Noa B., and Niranda M.

## Dry Beans and Peas

This delicious main dish features a quinoa and black bean filling seasoned with spices, lime juice, and a medley of carrots, red peppers, red onions, and reduced-fat cheddar cheese.



# Fiesta Wrap

## Ingredients

- ¾ cup** Quinoa, dry
- 2 ¾ cups** Canned low-sodium black beans, drained, rinsed
- ¾ cup** Fresh red bell pepper, seeded, diced
- ¾ cup** Fresh red onions, peeled, diced
- ½ cup** Fresh carrots, peeled, shredded
- ¾ cup** Reduced-fat white cheddar cheese, shredded (1 oz)
- 1 tsp** Chili powder
- 1 ¼ tsp** Ground cumin
- 1 ¼ tsp** Fresh Lime juice
- 6** Whole-wheat tortillas, 6"
- 1 Tbsp** Vegetable oil

**Preparation Time: 15 minutes**

**Cooking Time: 25 minutes**

**Makes six wraps**

## Directions

1. Preheat oven to 325 °F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and ¾ cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water.
3. Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50 percent of the beans should appear whole). Be careful not to over-mash beans.
4. To make filling, add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin, and lime juice.
5. For each wrap, place ½ cup of filling on the bottom half of tortilla and roll in the form of a burrito.  
  
The wrap may also be folded in half like a taco.
6. Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325 °F. Wraps will be lightly brown. Serve hot.

**Nutrients Per Serving:** Calories **175**, Protein **7 g**, Carbohydrate **27 g**, Dietary Fiber **5 g**, Total Fat **5 g**, Saturated Fat **<1 g**, Cholesterol **2 mg**, Vitamin A **1465 IU (77 RAE)**, Vitamin C **12 mg**, Iron **2 mg**, Calcium **62 mg**, Sodium **346 mg**

## Directions for Fiesta Wrap (continued)

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If desired, serve with fresh diced tomatoes, corn salsa, and/or lettuce.

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1 wrap provides:

**Legume as Meat Alternate:** 1 oz equivalent meat alternate and 1 oz equivalent grains.

OR

**Legume as Vegetable:**  $\frac{1}{4}$  cup legume vegetable and 1 oz equivalent grains.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*